

A SPECIAL SUPPLEMENT TO THE HOUR NEWSPAPERS

WESTPORT

Parks and Recreation



Program
Registration
begins **ONLINE**
??????



Spring Summer
2010 PROGRAM GUIDE



LETTER FROM FIRST SELECTMAN



WESTPORT, CONNECTICUT

GORDON F. JOSELOFF
First Selectman

February 2010

Dear Fellow Westporters and Friends:

Spring and summer are just around the corner. With the onset of warmer weather, we can turn our thoughts to the outdoor activities we all enjoy and what makes Westport a special place to live.

The Westport Parks & Recreation Department has been busy getting ready for another terrific season of activities. The beaches, parks and recreational playing fields will again be in prime condition, thanks to our dedicated Parks & Recreation staff.

Please peruse this brochure. It is full of activities for both the young and the not-so-young. You will find the return of some old favorite activities, several which have been totally revamped like Camp Compo and RECing Crew.

Westport Parks & Recreation's online registration is up and running. The goal of electronic registration is to enhance the town's ability to provide services in a manner that is convenient and cost-efficient. Use of the new technology, of course, will not diminish our desire to deliver services to each user of our facilities in a friendly and welcoming manner.

If you have any suggestions, comments or questions, please do not hesitate to contact us. You may reach me at 341-1111, or by e-mail at selectman@westportct.gov.

Have a great summer season!

Sincerely,

A handwritten signature in dark ink, appearing to read "G. Joseloff", is written over the printed name.

Gordon F. Joseloff
First Selectman

GFJ:ps

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The Hour

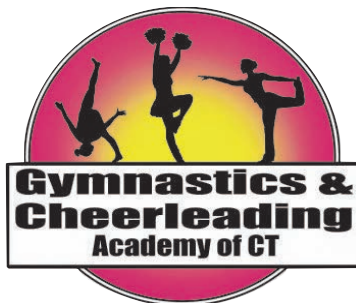
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www.thehour.com



The Hour The Stamford Times Wilton Villager

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I.S.T BASEBALL HEADQUARTER'S SPRING & SUMMER LINE-UP

2010 Elite After-School Baseball Program | Westport, CT

Grades K-5th | Open to all Westport Little League Players

Program begins on Monday April 5th

- Introduction to hitting, fielding, throwing, base-running programs grades K-2
- Hitting, fielding, throwing, base-running programs for grades 3-5

2010 Elite After-School Baseball Program | Wilton, CT

Grades K-5th | Open to all Wilton Little League Players

Program begins on Tuesday April 13th

- Introduction to hitting, fielding, throwing, base-running programs grades K-2
- Hitting, fielding, throwing, base-running programs for grades 3-5

2010 Elite Baseball Summer Camp | Westport, CT

Location: Burr Farms Complex | 9 a.m. – 12:30 p.m.

Grades K-5th | Open to all

5 one-week camps begin June 28th and end August 6th
August 2nd to August 6th at Double Day Complex

2010 Elite Baseball & Advanced Skills Baseball Camp | Westport, CT

Location: Double Day Baseball Complex | 9 a.m. – 12:30 p.m.

Grades 6-10 | Open to all

One-week camp begins August 2nd and ends August 6th

2010 Tots & Player Pre-K Summer Camp | Westport, CT

Location: Burying Hill Beach | 9 a.m. – 12:00 p.m.

Grades: Toddlers & Pre-K | Open to all

7 one-week camps begin June 14th and end July 30th

2010 Elite Softball Camp | Westport, CT

Location: Town Hall Fields

Grades: Open to all

One-week camps offered June 28th and August 16th

2010 Elite Baseball Summer Camp | Wilton, CT

Location: Wilton Varsity Complex | 9 a.m. – 12:30 p.m.

Grades: K-5th | Open to all

4 one-week camps offered between June 28th and July 30th and
August 9th to August 13th

2010 Elite Baseball & Advanced Skills Baseball Camp | Wilton, CT

Location: Wilton Varsity Complex | 9 a.m. – 12:30 p.m.

Grades 6-10 | Open to all

One-week camp begins August 9th and ends August 13th

Register for Wilton programs at Wilton Parks & Recreation
address: 180 School Road, Wilton, CT | phone: 203.834.6234.
web: wiltonparksandrec.org | email: istkatz22@yahoo.com

Register for Westport programs at Westport Parks & Recreation
address: 60 South Compo Road, Westport, CT. | phone: 203.341.5090.
web: westportrecreation.com | email: istkatz22@yahoo.com
*must have parks and recreation account prior to March 15; non-residents
are subject to a 3-day wait period and encouraged to apply early

Registration Help

Call I.S.T. Baseball Headquarters at 203.855.9213 or email at istkatz22@yahoo.com

We specialize in the following:

- Private baseball and softball instruction
- Sports specific strength training
- Pre-K sports programs and camps
- Baseball and Softball equipment sales. Onsite store
- Sports-themed birthday parties

INTEGRATED SPORTS TRAINING

25 Van Zant Street, Norwalk, CT 06855 | 203-855-9213 | www.integratedsportstraining.com



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DEPARTMENT INFORMATION

WESTPORT PARKS & RECREATION

260 South Compo Road • Westport, CT 06880
(203) 341-5090 • (203) 341-5073 FAX
Monday–Friday, 8:30 a.m. – 4:30 p.m.

STAFF

Director Stuart McCarthy
Parks Superintendent Tim Burke
Operations Supervisor Dan DeVito
Facility Manager Mike Falbo
Administrative Manager Rick Giunta
Program Manager Karen Puskas
Program Specialist Cyndi Palaia
Golf Course Superintendent Dan Rackliffe
Customer Service Manager Barbara Vornkahl

PARKS & RECREATION COMMISSION

Richard Kestenbaum, Chairman
Janis Collins
George Franciscovich
Andy Moss

All Parks & Recreation meetings are open to the public and are held on the second Monday of every month at 7:30 p.m. at Westport Town Hall.

Please visit our website:
www.westportrecreation.com

BOARD OF SELECTMEN

Gordon F. Joseloff, First Selectman
Shelly A. Kassen
R. Gavin Anderson

BOARD OF FINANCE

Helen Garten, Chair
Charles W.K. Haberstroh
Edward J. Iannone
Avi Kaner
Brian E. Stern
Allyson Stollenwerck
Kenneth I. Wirfel

REPRESENTATIVE TOWN MEETING

DISTRICT 1

- Diane D. Cady
- Matthew I. Mandell
- Elizabeth Pamela Milwe
- Judith K. Starr

DISTRICT 2

- Linda L. Bruce
- Michael A. Guthman
- Jay Keenan
- Sean M. Timmins

DISTRICT 3

- Amy Ancel
- Robert Galan
- William F. Meyer III
- Hadley C. Rose

DISTRICT 4

- Jonathan Cunitz
- Gene Paul Seidman
- George Underhill
- Jeffrey N. Weiser

DISTRICT 5

- Barbara Levy
- Richard A. Lowenstein
- Paul R. Rossi
- John Suggs

DISTRICT 6

- Joyce Colburn
- Ann M. Flynn
- Catherine C. Talmadge
- Christopher Urist

DISTRICT 7

- Arthur Ashman
- Allen S. Bomes
- John G. Klinge
- Stephen M. Rubin

DISTRICT 8

- Wendy G. Batteau
- Michael A. Rea
- Lois G. Schine
- Jonathan Philip Steinberg

DISTRICT 9

- Eileen L. Flug
- Kevin Davis Green
- Velma Heller
- John D. McCarthy

SALES OFFICE INFORMATION

HOURS OF OPERATION:

BEGINNING MONDAY, MARCH 22, 2010

Monday thru Friday

9:00 a.m. – 4:30 p.m.

Saturdays, April 10–June 26

9:00 a.m. – 1:00 p.m.

PARKING EMBLEMS. YOU WILL NOT BE RECEIVING AN APPLICATION BY MAIL. Parking emblems will be available for purchase online beginning March 15, 2010. Parking emblems are required for entrance to all town beaches and facilities and are valid May 1 to September 30. Please be advised that you may need to provide a copy of your current vehicle's registration if the vehicle was purchased in the last 18 months and is not on the current Westport tax records.

HANDPASSES. A Parks and Recreation handpass is a photo identification card for Westport residents, ages 6 and up. It is required for access to the town's tennis courts, Longshore pool, program registration, and reduced fees at Longshore Golf Course. It is non-transferable and valid for one year from date of purchase.

Frequently Requested Numbers, emails, and Websites

Parks and Recreation Administrative Office	...203-341-5090	...westportrecreation.com
recreation@westportct.gov		
Sales Office and Program Information203-341-5093/5094	
Fax203-341-5073	
Cancellation Line203-341-5074	
Town of Westport203-341-1000	...westportct.gov
Town of Westport Board of Education203-341-1000	...westport.k12.ct.us
Town of Westport Continuing Education203-341-1209	...westportcontinuinged.com
Town of Westport Health Department203-227-9571	
Town of Westport Public Library203-227-8411	...westportlibrary.org
Babe Ruth Baseball, Bob Smoler203-341-0798	
rsmoler@att.net		
PAL Football203-640-8085	...westportpal.org
PAL Lacrosse203-640-8085	...westportpal.org
Westport Basketball Association203-341-5087	...westportbasketball.org
kpuskas@westportct.gov		
Westport Soccer Association203-221-9900	...westportsoccer.org
Burying Hill Lifeguard Office203-255-5206	
Compo Beach Lifeguard Office203-227-5420	
Compo Concession203-227-5356	
Compo Beach Ned Dimes Marina203-227-9136	
Compo Beach Summer Day Camp203-226-5818	
Compo Beach Skate Park Information203-226-1251	
Fishing Licenses – Town Clerk203-341-1105	
Harbor Master, John Hainline203-227-9280	
jmhgb32@aol.com		
Longshore E.R. Strait Marina203-226-3688	
Longshore Golf Course, reservations only203-341-1833	
Longshore Golf Pro Shop203-222-7535	...longshoregolf.com
Longshore Sailing School203-226-4646	...longshoresailingschool.com
Marine Police203-454-6151	
REcing Crew Day Camp203-515-9036	
Tennis Courts203-341-1180	
Westport/Weston Family Y203-226-8981	...westporty.org



Town of Westport Parks & Recreation

IMPORTANT REGISTRATION POLICIES

- All programs are available to Westport residents. A current Parks and Recreation handpass is required for participation in all programs for all Westport residents, age 6 and up. No group placement requests are accepted.
- Programs fill quickly and the fastest way to register is ONLINE.
- If you choose not to register ONLINE, you may mail, fax, or come in person to do so beginning March 22, 2010.
- We accept cash, check, American Express, MasterCard, or VISA for any transaction.

WAITLIST POLICY

If your program of choice is filled, you can be waitlisted and, if a space becomes available, you will be contacted. Waitlists are also available online.

PROGRAM TRANSFERS

Transfer requests from program to program will only be made if space is available and will include a \$25 administrative fee per transfer. If space is unavailable, refer to the refund policy for further information.

SCHOLARSHIPS

Scholarships are available for those children who meet pre-approved criteria. Contact the Parks and Recreation Department or Human Services for further information.

REFUNDS

- All requests for refunds must be done in writing. You may email refund requests to: recreation@westportct.gov.
- Refunds will be granted up to 30 days prior to the program beginning less a \$25 administrative fee. Refunds requested within 30 days of the program beginning may only be available if the participant's place in the activity can be filled from the waitlist. This will also include a \$25 administrative fee.
- Refunds for documented medical reasons and program cancellations will be issued as requested.
- No refunds will be granted after the start of the program.

NON-RESIDENT POLICY

Non-residents may only register for programs 10 days prior to the program start date, if space is available. There are additional fees of \$20 per child, per program and \$35 per adult, per program. However, non-residents may register for sports camps only at any time with additional fees mentioned above.

PROGRAM CANCELLATIONS

All programs are subject to cancellation due to inclement weather. Please call the cancellation hotline at 341-5074 for up to date information. There are NO MAKE-UPS, REFUNDS, OR CREDITS for programs cancelled due to inclement weather.

**ONLINE Program Registration begins
Monday, March 15, 2010 at 9:00 a.m.**



Town of Westport Parks & Recreation

PROGRAM REGISTRATION PROCEDURES

4 EASY OPTIONS FOR YOUR CONVENIENCE!

BE SET TO GO BY FOLLOWING THE GUIDELINES BELOW . . .

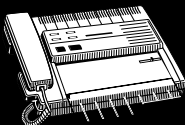
1. ONLINE: www.westportrecreation.com

- Know immediately if you've gotten into the program of your choice. ONLINE registration begins on March 15, 2010 at 9:00 a.m. and requires a credit card payment. We accept MasterCard, VISA, and American Express. Be sure your ONLINE account is set up *prior* to March 15th. If your family has purchased parking emblems, handpasses, or programs during the past year, your account has been created and a Login ID and Account Password generated.
- If you do not have this information, please email us at recreation@westportct.gov and we will send you your Login ID and Account Password electronically.
- Go to www.westportrecreation.com and click on the link to register for programs. Go to "My Account" in the upper right hand corner of the page and enter your Login ID and Account Password. Click on "Show your Daily Schedule" to see family members listed in your household.
- If you need to add/edit family members or information to your account, you must contact the Parks and Recreation Department by email at recreation@westportct.gov. You cannot make changes to your account. Please allow three business days to process your request.
- If all information is correct, click on "Register for Activities" and begin.
- All requests for new accounts must go to www.westportrecreation.com, click on the link to register for programs, and then request an account. Please allow three business days to process your request.

If you choose not to register ONLINE, all registration forms can be mailed, faxed, or dropped off at the Parks and Recreation Department beginning MARCH 22, 2010

2. FAX: 203-341-5073

Faxes require credit card payment. Be sure to include all credit card information and an email address. Faxes for program registration will not be accepted until March 22, 2010 and will be processed as received but are not guaranteed placement in the program requested.



3. MAIL-IN

Complete registration form and mail to Westport Parks and Recreation, 260 Compo Road South, Westport, CT 06880. Be sure to include payment by check or credit card and your email address. Mail-in registration will not be accepted until March 22, 2010 and will be processed as received but are not guaranteed placement in the program requested.



4. DROP OFF

You may drop off your completed registration form to our offices located at 260 Compo Road South, Westport, CT. Dropped off program registration will not be accepted until March 22, 2010 and will be processed as received but are not guaranteed placement in the program requested.



SPECIAL EVENTS INFORMATION

SPECIAL EVENTS

Minuteman 5K Road Race

Sunday, May 2

This event begins and finishes at Compo Beach. For further information, please contact 203-222-7447 or www.wywl.com. (Sponsored by the Westport Young Women's League.)

9th Annual Castles in the Sand

Saturday, May 15 (Rain date: May 16)

Celebrate an afternoon of family, fun, friends, and the community while raising funds to support the homeless and other neighbors in need. The build-a-thon will be held at Compo Beach from noon to 4:00 p.m. Sponsored by Interfaith Housing, you may call them at 203-226-3426, ext. 11, or www.ihawestport.com to reserve your sand-sculpting lot today or to obtain further information.

Memorial Day Parade

Monday, May 31

Parade begins at 9:00 a.m. at Saugatuck Elementary School and travels up Riverside Avenue, over the Post Road and on to Town Hall. There will be coffee and doughnuts available at the starting point of the parade from 7:30–11:30 a.m., which will be provided by the Westport Kiwanis Club.

Staples Senior Post-Prom Party

June 5 / June 6

Food and live entertainment are provided at Compo Beach from 1:00 a.m. to 5:00 a.m. for Staples prom attendees and their guests. (Sponsored by the Westport PTA.)

Levitt Pavilion

June 27–August 29

Enjoy 50–60 nights of top quality entertainment under the stars, at no charge, plus some special ticketed events. Something to suit all ages and tastes – from Pop/Rock to Folk and Classical to Jazz, Blues, Big Band, and Teen Flix. Children's night weekly. For further information please visit the Pavilion's website at www.levittpavilion.com or call the Concert Hot Line at 203-221-2153.

Independence Day Fireworks Celebration

July 2 (Rain date: July 6)

Sponsored by the Westport Police Athletic League, this spectacular event provides a wonderful fireworks display at dark at Compo Beach. Parking tickets are required for entrance for a fee and are usually available one month prior to the event. Please call the Parks and Recreation offices for further information at 203-341-5090 or visit www.westportpal.org.

13th Annual Family Tennis Festival

Saturday, July 10

Annual event held at Longshore Club Park. Lots of activities including instructional clinics, tournaments, and giveaways. Tennis vendors with state of the art equipment, food, drink, and lots of family fun are also on the menu. For further information contact Dave Kardas at the Longshore Tennis office after May 1st at 203-341-1182 or visit www.playtenniswestport.com.

SPECIAL EVENTS INFORMATION

Point to Point Swim

Saturday, July 10 (Rain date: Sunday, July 11)

Annual one-mile open water race that is held at Compo Beach. The event is open to ages 10 and up. T-shirts for all entrants and awards for the male and female top three finishers in 14 different age groups. For further information please contact Bridget at 203-226-8981 or visit www.westporty.org. (Sponsored by the Westport/Weston YMCA.)

Outdoor Art Show

Saturday and Sunday, July 17 and 18

Over 125 artists display original fine art along the sidewalks of Parker Harding Plaza. For further information please call Mar Jennings at 203-227-1116 or visit www.westportdma.com. (Sponsored by the Downtown Merchants Association.)



©2009 Westport Downtown Merchants Association

DAY CAMP PROGRAMS

Camp Compo

Dates:	Code	Field Trips:
Session 1: June 28–July 2	CC 1	Go Crazy Week featuring the Wacky Olympics
Session 2: July 5–July 9	CC 2	Independence Week – Hawaiian Style
Session 3: July 12–July 16	CC 3	Mardi Gras Week featuring Carnival Day
Session 4: July 19–July 23	CC 4	Decade Week featuring Extreme Bowling Trip
Session 5: July 26–July 30	CC 5	Earth Week featuring Exploration Station
Session 6: August 2–August 6	CC 6	Survivor Week featuring Tribal Games
Session 7: August 9–August 13	CC 7	Fit and Fun Week featuring the Beach Olympics
Days:	Monday–Friday	
Times:	9:00 am–3:00 pm	
Location:	Compo Beach	
Ages:	Children entering grades K–4 in the fall	
Fee:	\$115 per camper, per session	



NEW!
1-week
sessions!

Camp Compo has changed its structure this summer to offer seven one-week sessions. A spectacular summer camp program, **Camp Compo** offers children a variety of activities throughout the summer. The camp specializes in offering a well-balanced core of activities daily that includes arts and crafts, sports, games, yoga, beach, and playground time. **Camp Compo** offers every camper the chance to be creative and explore their imaginations while making new friends and enjoying a positive camp experience. Several different special events will highlight each week as well. Each camper must bring their own lunch and several drinks for the day plus towel, bathing suit, and water shoes. Severe inclement weather will cause the camp to cancel for the day or shut down if the program is already in progress. There are no group placement requests accepted.

RECIing Crew

Dates:	Code	Field Trips:
Session 1: June 28–July 2	RC 1	Lake Compounce
Session 2: July 5–July 9	RC 2	CT Sports Center
Session 3: July 12–July 16	RC 3	Farmington River Tubing
Session 4: July 19–July 23	RC 4	Brownstone Quarries
Session 5: July 26–July 30	RC 5	Splash Down Park
Session 6: August 2–August 6	RC 6	Six Flags Riverside
Session 7: August 9–August 13	RC 7	Extreme Bowling/Movie

Days: Monday–Friday

Times: 8:45 am–3:15 pm

Location: Coleytown Middle School

Ages: Children entering grades 5–8 in the fall

Fee: \$125 per camper, per session

RECIing Crew offers middle school children a variety of activities throughout the summer. During each week-long session, the camp goes on field trips to different local entertainment places and attractions. Every Friday is spent at Longshore Club Park where campers may take part in a variety of planned recreational games and activities, including a time for swimming in the in-ground public pool.

RECIing Crew will make its home base at Coleytown Middle School this year where all campers will enjoy sports, games, and special events when not traveling. On days of field trips, pick-up times may vary and will be noted in the parental information guide. Each camper must bring their own lunch, several drinks for the day, and a bathing suit and towel when attending on days of water activity. Depending on the day and the field trip, inclement weather will cause the camp to stay at the school for the day. Full program information is available upon registration.

DAY CAMP PROGRAMS

Tot 'n Play

Dates:	Full Day Code
Session 1: June 14–June 18	TP 1
Session 2: June 21–June 25	TP 2
Session 3: June 28–July 2	TP 3
Session 4: July 5–July 9	TP 4
Session 5: July 12–July 16	TP 5
Session 6: July 19–July 23	TP 6
Session 7: July 26–July 30	TP 7
Days: Monday–Friday	
Times: 9:00 am–12:00 pm	
Location: Burying Hill Beach	
Ages: Children, ages 3 and 4 Children age 5 may register for Weeks 1 and 2 only Child must be toilet trained	
Fee: \$225 per camper, per session	

This exciting and action-packed camp is located at Burying Hill Beach. This summer, we're offering **NEW** activities, special guests, and will have access to an INDOOR facility in case of inclement weather.

Campers will work with Integrated Sports Training's pro staff and be introduced to different sports and activities, play games, participate in arts & crafts, and more! Each week focuses on a fun theme, which will connect the activities and arts & crafts for that week. Our structured, action-packed program allows plenty of room for creative individuality and varying ability levels in a non-competitive environment. **Tots 'n Play** is run by Sara Holland, owner of Kids Sports Zone and Growing Tree Yoga.

This summer's themes include:

Week 1: Having a Ball

This week's theme of "Let's Have a Ball" is about having fun while learning new sport skills. We will explore a variety of sport skills this week — throwing & catching, batting, and more.

Week 2: Treasure Hunters

This week's theme is about exploring, finding, and being creative. We will run and hide, dig, and use our imaginations to explore our surroundings.



Week 3: Superheroes

This week's theme of "Superheroes" is about pretending. Using their imaginations to be "superstrong," "superbig," and "superfast" can help children feel powerful, develop pretending skills and, in some cases, solve problems. We will learn about all kinds of sport heroes, superheroes, as well as everyday heroes.

Week 4: Going for the Gold

This week's theme of "Going for the Gold" is about having fun and trying your best. We will learn how to zig zag, jump, skip, gallop, and run as we explore obstacle courses and fun games.

Week 5: Fast & Slow

This week's theme is about helping children understand that both Fast & Slow have important and necessary places in our lives. Whenever we let children take their time to do things, we're giving them support for learning and growing.

Week 6: All-Stars

This week's theme of "All-Stars" is about learning that we are all special. We all will have a chance to be stars this week.

Week 7: Go-Stop-Go

This week's theme of "Go-Stop-Go" is about impulse control. We will explore a variety of sports and activities that focus on listening, sharing, and helping others.



Tennis Program Information Page

Listed below are descriptions of all classes that Westport Parks and Recreation offers in our tennis program for children and adults. Please refer to these descriptions when selecting your classes for the spring and summer.

Adult Clinic Descriptions

Beginner clinics are for those players with one year or less playing experience and/or no instruction. These students will learn basic strokes and fundamentals involved in the game of tennis.

Advanced Beginner clinics are for those players who have completed the beginner class or have had introduction to grips and strokes and can make contact with the ball on a regular basis.

Lower Intermediate clinics are for those players with one year or more of playing and/or instruction. This player is learning to judge the ball and can sustain a slow paced rally. Lessons will include a review of the basic strokes, learning to keep ball in play and serve consistently, introduce spin and exposure to different shots (overheads, lobs), and strategy using several types of drills.

Intermediate clinics are for those players who have played tennis for two or more years. This player can consistently keep ball in play, hit with intent and depth on forehand and backhand on moderate shots plus have the ability to volley, lob, hit overheads, and serve successfully. Lessons will consist of play situations and strategy for doubles and singles, work on anticipating shots, spin and putting away shots, and rushing the net in doubles.

Advanced clinics are for players who are proficient with all types of shots and situations and are mastering the use of power and spins in ground strokes and serving. This player consistently puts away volleys, can anticipate shots, and is able to rush the net successfully. This clinic will focus on drills for competitive situations, learning to vary strategy, and force errors in points.

Youth Clinic Descriptions

The youth program combines tennis skills instruction with team tennis games that will provide participants of all levels a fun learning experience. All classes are 4:1 ratio and students will be assigned to courts by age and level.

Beginner clinics are for those with little or no prior instruction and will focus on teaching the basic fundamentals (forehand, backhand, volley, and serve) and skills of the game with fun drills and games.

Advanced Beginner clinics are for those players who have completed the beginner class or have had introduction to grips and strokes and can make contact with the ball on a regular basis.

Intermediate clinics are for those who have had at least one year of instruction and/or were in this program last season. This player can rally with slow balls and is learning to volley and serve. The focus of these lessons will be drills and games to improve ground strokes, footwork, volleys, and serves. This player will work on shots such as overheads and will be introduced to spin.

Advanced clinics are for those who have been playing at least two years, are able to serve and keep ball in play, hit with some spin, and have had exposure to singles and doubles strategy. Drills will focus on doubles and singles play situations.

Quick Start Tennis

This exciting program in conjunction with the USTA uses a special regular size tennis racquet that is much slower and easier for young beginning tennis players to judge the ball, which helps in developing tennis rallies. During this class there remains much emphasis in skill development.

Pee Wee Clinic Descriptions

Pee Wee clinics are offered for children, ages 3–5. The program is designed to give toddlers a fun introduction to the game of tennis through games and activities. Instructor to participant ratio is 4:1.

Super Tot clinics are for children, ages 4 and 5, who participated in last year's Pee Wee program or have been in a Pee Wee clinic before. 21" and 23" racquets are provided for both clinics. Clinics will continue to include a basic and fun introduction to tennis but also incorporate USPTA Little Tennis along with other fun games and drills. Instructor to participant ratio is 4:1.

Junior Tennis Team

This program is for children, ages 10–18, who have had at least two years of instruction and are looking for competitive match play. Tryouts are required and a specific number of players are selected for each age category. Practices will run from June 28 through August 6 with an after school session starting June 16 at courts to be determined as Staples High School will still be in session. Matches against area clubs within Fairfield County clubs and communities will begin as early as June 30. Practices will focus on drilling participants to improve all aspects of their game as well as match play to work on doubles and singles strategy and etiquette. Program is run by two coaches along with a third coach on drill days. *There is an additional charge for USTA membership for all team members that will have to be paid on the first day of practice.*

INSTRUCTIONAL PROGRAMS

Pee Wee Tennis

Dates: May 10–August 20

Ages: 3–5

Location: Longshore Courts

Fee: \$36 per child for lessons in May

\$60 per child for lessons June–August

Dates	Day	Time	Level	Age	Code
May 10–June 21 (No class Memorial Day)	Monday	2:00 pm – 3:00 pm	Beginner	3–5	PW 01
		3:00 pm – 4:00 pm	Beginner	3–5	PW 02
May 14–June 18	Friday	2:00 pm – 2:45 pm	Beginner	3–5	PW 03
		3:00 pm – 3:45 pm	Beginner	3–5	PW 04
June 28–July 9	M–F	11:15 am – 12:00 pm	Beginner	3–5	PW 11
		12:15 pm – 1:00 pm	Beginner	3–5	PW 12
		1:15 pm – 2:00 pm	Super Tots	4–5	PW 13
July 12–July 23	M–F	11:15 am – 12:00 pm	Super Tots	4–5	PW 21
		12:15 pm – 1:00 pm	Beginner	3–5	PW 22
		1:15 pm – 2:00 pm	Beginner	3–5	PW 23
July 26–August 6	M–F	11:15 am – 12:00 pm	Beginner	3–5	PW 31
		12:15 pm – 1:00 pm	Beginner	3–5	PW 32
		1:15 pm – 2:00 pm	Super Tots	4–5	PW 33
August 9–August 20	M–F	11:15 am – 12:00 pm	Super Tots	4–5	PW 41
		12:15 pm – 1:00 pm	Beginner	3–5	PW 42
		1:15 pm – 2:00 pm	Beginner	3–5	PW 43

Definitions of instructional levels are available on the tennis introduction page.

Youth Tennis Weekday

Dates: May 10–August 20

Location: Longshore Courts

Ages: 6–15 for spring lessons

Grades: 1–9 for summer lessons

Fee: \$48 per child, per session plus a handpass for lessons in May

\$80 per child, per two-week session plus a handpass for lessons in June–August

\$60 per child, per one-week session plus a handpass for lessons in July–August

Dates	Day	Time	Level	Age	Code
May 11–June 15	Tuesday	4:00 pm – 4:55 pm	Beg/AdvBeg	6–9	YT 02
	Tuesday	5:00 pm – 5:55 pm	Beg/AdvBeg	8–12	YT 03
May 13–June 17	Thursday	4:00 pm – 4:55 pm	AdvBeg/Int	6–9	YT 04
	Thursday	5:00 pm – 5:55 pm	Int/Adv	10–15	YT 05
May 14–June 18	Friday	4:00 pm – 4:55 pm	AdvBeg/Int	8–12	YT 06
	Friday	5:00 pm – 5:55 pm	AdvBeg/Int	6–9	YT 07

INSTRUCTIONAL PROGRAMS

Dates	Day	Time	Level	Grade	Code
June 28–July 9	M–F	12:00 pm – 12:55 pm	Beg/AdvBeg	1–4	YT 11
		1:00 pm – 1:55 pm	USTA Quick Start	1–3	YT 12
		2:00 pm – 2:55 pm	Beg/AdvBeg	1–3	YT 13
		2:00 pm – 2:55 pm	Beg/AdvBeg	4–6	YT 13a
		3:00 pm – 3:55 pm	AdvBeg/Int	1–3	YT 14
		3:00 pm – 3:55 pm	AdvBeg/Int	7–9	YT 14a
		4:00 pm – 4:55 pm	AdvBeg/Int	4–6	YT 15
		4:00 pm – 4:55 pm	AdvBeg/Int	7–9	YT 15a
July 12–July 23	M–F	12:00 pm – 12:55 pm	Beg/AdvBeg	1–4	YT 21
		12:00 pm – 12:55 pm	Int/Adv	5–9	YT 21a
		1:00 pm – 1:55 pm	Beg/AdvBeg	3–6	YT 22
		2:00 pm – 2:55 pm	USTA Quick Start	1–3	YT 23
		3:00 pm – 3:55 pm	Beg/AdvBeg	1–3	YT 24
		4:00 pm – 4:55 pm	AdvBeg/Int	3–6	YT 25
		4:00 pm – 4:55 pm	AdvBeg/Int	7–9	YT 25a
July 26–July 30 *One Week Sessions	M–F	12:00 pm – 1:25 pm	Beg/AdvBeg	1–4	YT 31
		1:30 pm – 2:55 pm	AdvBeg/Int	1–4	YT 32
		1:30 pm – 2:55 pm	AdvBeg/Int	5–9	YT 32a
		3:00 pm – 4:25 pm	AdvBeg/Int	3–6	YT 33
		3:00 pm – 4:25 pm	AdvBeg/Int	6–9	YT 33a
August 2–August 6 *One Week Sessions	M – F	12:00 pm – 12:55 pm	Beg/AdvBeg	1–4	YT 41
		12:00 pm – 1:25 pm	Beg/AdvBeg	5–9	YT 41a
		1:30 pm – 2:55 pm	AdvBeg/Int	1–4	YT 42
		1:30 pm – 2:55 pm	AdvBeg/Int	5–9	YT 42a
		3:00 pm – 4:25 pm	AdvBeg/Int	4–6	YT 43
		3:00 pm – 4:25 pm	AdvBeg/Int	7–9	YT 43a
August 9–August 20	M – F	12:00 pm – 12:55 pm	AdvBeg/Int	3–6	YT 51
		1:00 pm – 1:55 pm	Beg/AdvBeg	1–3	YT 52
		2:00 pm – 2:55 pm	USTA Quick Start	1–3	YT 53
		3:00 pm – 3:55 pm	AdvBeg/Int	1–4	YT 54
		3:00 pm – 3:55 pm	AdvBeg/Int	5–9	YT 54a
		4:00 pm – 4:55 pm	Beg/AdvBeg	3–6	YT 55

Definitions of instructional levels are available on the tennis introduction page.

INSTRUCTIONAL PROGRAMS

Junior Tennis Team

TRYOUTS ARE REQUIRED FOR THIS PROGRAM PRIOR TO PARTICIPATION. REGISTRATION IS REQUIRED PRIOR TO THE TRYOUT DATE.

Tryout Date: Saturday, May 15
11:00am – Staples High School Tennis Courts
Rain Date: Sunday, May 16

Days: Monday through Friday
Dates: June 28–August 6
Ages: 10–18 years old
Location: Staples High School Tennis Courts

Times: 10–13 year olds: 2:00 pm – 3:30 pm
14–18 year olds: 3:30 pm – 5:00 pm
Fee: \$210 per child, plus a handpass*
Code: JTT 11

Notes: On days of matches, times vary depending on site and location. Age divisions may play on different days/times; division not playing has normal practice at Staples. There will be a parent/player meeting with coaches first day of practice (June 28th, 3:30 p.m. There will be a trip to the Pilot Pen the week of August 23rd. The team will be playing matches against local Fairfield County clubs in the USTA Laurel Cup League throughout the summer.

**USTA membership is required, payment to be made directly to USTA at start of program. Tennis director will advise.*

Adult Weekday Tennis

Day: Mondays/Wednesdays or Tuesdays/Thursdays
May 3–August 19
Ages: 16 and older
Fees: \$66 per person, per session plus a handpass

Session 1: May 3–15

Location	Days	Time	Level	Code
Town Farms	MW	9:00 am – 10:25 am	Lo-Int/Int	AT 13
Town Farms	MW	10:30 am – 11:55 am	Int/Adv	AT 14
Doubleday	MW	6:15 pm – 7:40 pm	Lo-Int/Int	AT 15
Longshore	MW	8:00 pm – 9:25 pm	AdvBeg/Lo-Int	AT 16
Town Farms	TTH	9:00 am – 10:25 am	Beg/AdvBeg/Lo-Int	AT 17
Town Farms	TTH	10:30 am – 11:55 am	Lo-Int/Int	AT 18

Session 2: May 17–27

Location	Days	Time	Level	Code
Town Farms	MW	9:00 am – 10:25 am	Int/Adv	AT 23
Town Farms	MW	10:30 am – 11:55 am	Lo-Int/Int	AT 24
Town Farms	TTH	9:00 am – 10:25 am	Lo-Int/Int	AT 25
Town Farms	TTH	10:30 am – 11:55 am	Beg/AdvBeg/Lo-Int	AT 26
Doubleday	TTH	6:15 pm – 7:40 pm	Beg/AdvBeg	AT 27
Longshore	TTH	8:00 pm – 9:25 pm	Lo-Int/Int	AT 28

Session 3: June 1–11 (No Monday class on Memorial Day – makeup day on Friday, 6/4)

Location	Days	Time	Level	Code
Town Farms	MW	9:00 am – 10:25 am	Beg/AdvBeg/Lo-Int	AT 33
Town Farms	MW	10:30 am – 11:55 am	Lo-Int/Int	AT 34
Doubleday	MW	6:15 pm – 7:40 pm	Lo-Int/Int	AT 35
Longshore	MW	8:00 pm – 9:25 pm	Beg/AdvBeg	AT 36
Town Farms	TTH	9:00 am – 10:25 am	Int/Adv	AT 37
Town Farms	TTH	10:30 am – 11:55 am	Lo-Int/Int	AT 38

Session 4: June 14–24

Location	Days	Time	Level	Code
Doubleday	MW	9:00 am – 10:25 am	Lo-Int/Int	AT 44
Doubleday	MW	10:30 am – 11:55 am	Int/Adv	AT 45
Doubleday	TTH	9:00 am – 10:25 am	Beg/AdvBeg/Lo-Int	AT 46
Doubleday	TTH	10:30 am – 11:55 am	Lo-Int/Int	AT 47
Doubleday	TTH	6:15 pm – 7:40 pm	Beg/AdvBeg/Lo-Int	AT 48
Longshore	TTH	8:00 pm – 9:25 pm	Lo-Int/Int	AT 49

Session 5: June 28–July 8

Location	Days	Time	Level	Code
Doubleday	MW	9:00 am – 10:25 am	Int/Adv	AT 53
Doubleday	MW	10:30 am – 11:55 am	Lo-Int/Int	AT 54
Doubleday	MW	6:15 pm – 7:40 pm	Lo-Int/Int	AT 55
Longshore	MW	8:00 pm – 9:25 pm	Int/Int	AT 56
Doubleday	TTH	9:00 am – 10:25 am	Lo-Int/Int	AT 57
Doubleday	TTH	10:30 am – 11:55 am	Beg/AdvBeg	AT 58

Session 6: July 12–22

Location	Days	Time	Level	Code
Doubleday	MW	9:00 am – 10:25 am	Lo-Int/Int	AT 63
Doubleday	MW	10:30 am – 11:55 am	Beg/AdvBeg/Lo-Int	AT 64
Doubleday	TTH	9:00 am – 10:25 am	Int/Adv	AT 65
Doubleday	TTH	10:30 am – 11:55 am	Lo-Int/Int	AT 66
Doubleday	TTH	6:15 pm – 7:40 pm	Lo-Int/Int	AT 67
Longshore	TTH	8:15 pm – 9:40 pm	AdvBeg/Lo-Int	AT 68

Session 7: July 26–August 5

Location	Days	Time	Level	Code
Doubleday	MW	9:00 am – 10:25 am	Beg/AdvBeg/Lo-Int	AT 73
Doubleday	MW	10:30 am – 11:55 am	Lo-Int/Int	AT 74
Doubleday	MW	6:15 pm – 7:40 pm	AdvBeg/Lo-Int	AT 75
Doubleday	MW	8:00 pm – 9:25 pm	Beg/AdvBeg	AT 76
Doubleday	TTH	9:00 am – 10:25 am	Lo-Int/Int	AT 77
Doubleday	TTH	10:30 am – 11:55 am	Int/Adv	AT 78

Session 8: August 9–19

Location	Days	Time	Level	Code
Town Farms	MW	9:00 am–10:25 am	Lo-Int/Int	AT 83
Town Farms	MW	10:30 am – 11:55 am	Int/Adv	AT 84
Doubleday	TTH	6:15 pm – 7:40 pm	Beg/AdvBeg/Lo-Int	AT 85
Longshore	TTH	8:00 pm – 9:25 pm	Lo-Int/Int	AT 86
Town Farms	TTH	9:00 am – 10:25 am	Beg/AdvBeg/Lo-Int	AT 87
Town Farms	TTH	10:30 am – 11:55 am	Lo-Int/Int	AT 88

Definitions of instructional levels are available on the tennis introduction page.

INSTRUCTIONAL PROGRAMS

Adult Weekend Tennis

Day: Saturdays and Sundays (Two weekends)
May 1–August 29

Location: Doubleday Tennis Courts

Ages: 16 and older

Fee: \$66 per person, per session plus a handpass

Dates	Time	Level	Code
Session 1: May 1–9	8:00 am – 9:25 am	Lo-Int/Int Int/Adv	AT 10
	9:30 am – 10:55 am	AdvBeg/Lo-Int	AT 11
Session 2: May 15–May 23	8:00 am – 9:25 am	AdvBeg/Lo-Int	AT 20
	9:30 am – 10:55 am	Lo-Int/Int	AT 21
Session 3: June 5–June 13	8:00 am – 9:25 am	Lo-Int/Int	AT 30
	9:30 am – 10:55 am	Beg/AdvBeg	AT 31
Session 4: June 19–June 27	8:00 am – 9:25 am	Lo-Int/Int	AT 40
	9:30 am – 10:55 am	AdvBeg/Lo-Int	AT 41
Session 5: July 10–18	8:00 am – 9:25 am	Lo-Int/Int	AT 50
	9:30 am – 10:55 am	AdvBeg/Lo-Int	AT 51
Session 6: July 24–August 1	8:00 am – 9:25 am	AdvBeg/Lo-Int	AT 60
	9:30 am – 10:55 am	Lo-Int/Int	AT 61
Session 7: August 7–15	8:00 am – 9:25 am	Lo-Int/Adv	AT 70
	9:30 am – 10:55 am	Beg/AdvBeg	AT 71
Session 8: August 21–29	8:00 am – 9:25 am	Int/Adv	AT 80
	9:30 am – 10:55 am	Lo-Int/Adv	AT 81

Definitions of instructional levels are available on the tennis introduction page.

Swim Instruction

Our core swim instruction program is designed to teach boys and girls ages 3–12, the basic skills of swimming and expand and refine them through a six level program. Our instructors teach the basic American Red Cross Swimming Certification Program. Instruction ranges from adjustment to the water through perfection of strokes and rescue skills. Each level has certain requirements the child must complete in order to be passed to the next level. After completing each level, the child receives a certification card and is able to begin the next level. Enrollment is limited in each class, based on the age of the child and the level of instructions.

The **Level 6–Personal Water Safety / Lifeguard Readiness / Fitness Swimming** is in its third season. It is designed with many aquatic options. Each of these different classes will give participants the opportunity to learn and prepare for more advanced courses. Each of these different classes will give participants the opportunity to learn and prepare for more advanced courses, such as Water Safety Instructor and Lifeguard Training, or other aquatic activities such as competitive swimming.

Again this summer we will offer Saturday classes for certain levels and parent/child classes for toddlers. These classes will be offered in one session over the eight weeks of summer.

Inclement weather could cause all instruction to be canceled. Lessons will not be made up. Below is a summary of skills needed to complete each level of instruction. More detailed information on completing each level is available at the time of registration.

Parent/Child Classes: These classes are a total introduction to water for children and how parents can help their children adapt to the water. Basic feel for the water with some kicks, bobs, and arm movements will be taught.

Level 1: Introduction to Water Skills. This is orientation to the aquatic environment. Children will learn how to get in and out of water, be introduced to water safety, learn how to submerge their face, and begin learning how to float and kick frontwards and backwards.

Level 2: Fundamental Aquatic Skills. Children will learn how to hold breath under water, retrieve objects, float, and bob up and down in water. They will begin to learn the flutter kick on stomach and back and introduce alternating arm motion. Turning over front and back and back crawl action will also be introduced.

Level 3: Stroke Readiness. Children will learn how to jump into deep water and learn how to push off from wall. Coordinating arm stroke with proper breathing and kicking will be introduced and the back crawl will be reviewed. The elementary backstroke, turns, treading water, rescue breathing, and safe diving rules will also be covered.

Level 4: Stroke Improvement. Front crawl and backstroke for 25 yards will be worked on and elementary backstroke will be refined. Breast stroke and side stroke will be improved as well as introducing the butterfly. Diving from side of pool and water safety rules will be reviewed as well as treading water, sculling, and turns from the wall.

Level 5: Stroke Refinement. All strokes including the butterfly and breast stroke will be reviewed and demonstrated for 25–50 yards. Flip turns on front and back will be introduced. Shallow dives and surface dives will also be reviewed. Treading water, the survival float, swimming under water, and personal safety and rescue will continue to be reviewed and implemented.

Level 6: Personal Water Safety. All strokes will be reviewed and demonstrated for 500 yards. Turns for the side stroke and breast stroke will be reviewed as well as the front and back flip turn for the crawl. Surface dives will be taught and participants must retrieve an object from the bottom. Survival swimming, survival floating, and basic safety for open water and boating will be covered. Participants must tread water for 3 minutes, kicking only.

Level 6: Lifeguard Readiness. All strokes will be reviewed and demonstrated for 500 yards. Turns and dives will be demonstrated and personal water rescue skills will be introduced such as reaching assists, using a backboard, and other rescues using equipment. Participants will retrieve a 10 pound brick from bottom and swim 20 yards.

Level 6: Fitness Swimming. All strokes will be reviewed and refined with endurance and stamina as a major focus. Flip turns and open turns will also be reviewed and the use of pull buoys and paddles will be introduced. Participants will learn how to calculate their target heart rate, how to use a pace clock, and set up a fitness program for themselves. The use of fins, masks, and snorkels will also be introduced.

INSTRUCTIONAL PROGRAMS

Swim Lessons

Location: Longshore Swimming Pools

Ages: 3–12 years old for levels 1–6
13–35 months for Saturday Parent/Child classes

Fee: \$30 per child plus a handpass if age 6 and older

Notes: Inclement weather will cause all instruction to be canceled and lessons will not be made up.

Dates	Days	Time	Level	Code
June 26–August 14	Saturdays	9:00 am – 9:40 am	4	SW 01
		9:00 am – 9:40 am	3	SW 02
		9:00 am – 9:30 am	2	SW 03
		9:45 am – 10:15 am	1	SW 04
		9:45 am – 10:15 am	Parent/Child 19–35 months old	SW 05
		10:30 am – 11:00 am	Parent/Child 13–18 months old	SW 06
		10:30 am – 11:00 am	1	SW 07
June 28–July 9	M–F	9:00 am – 9:40 am	6 Personal Water Safety	SW 10
		9:00 am – 9:40 am	5	SW 11
		9:00 am – 9:40 am	4	SW 12
		9:00 am – 9:40 am	3	SW 13
		9:45 am – 10:25 am	4	SW 14
		9:45 am – 10:25 am	3	SW 15
		9:45 am – 10:15 am	2	SW 16
		9:45 am – 10:15 am	1	SW 17
		10:30 am – 11:00 am	2	SW 18
		10:30 am – 11:30 am	6 Fitness Swimming	SW 19
		10:30 am – 11:00 am	1	SW 100
		11:05 am – 11:35 am	2	SW 101
		11:05 am – 11:35 am	1	SW 102
July 12–23	M–F	9:00 am – 9:40 am	6 Lifeguard Readiness	SW 20
		9:00 am – 9:40 am	5	SW 21
		9:00 am – 9:40 am	4	SW 22
		9:00 am – 9:40 am	3	SW 23
		9:45 am – 10:25 am	4	SW 24
		9:45 am – 10:25 am	3	SW 25
		9:45 am – 10:15 am	2	SW 26
		9:45 am – 10:15 am	1	SW 27
		10:30 am – 11:00 am	2	SW 28
		10:30 am – 11:30 am	6 Fitness Swimming	SW 29
		10:30 am – 11:00 am	1	SW 200
		11:05 am – 11:35 am	2	SW 201
		11:05 am – 11:35 am	1	SW 202

INSTRUCTIONAL PROGRAMS

Dates	Days	Time	Level	Code
July 26–August 6	M–F	9:00 am – 9:40 am	6 Personal Water Safety	SW 30
		9:00 am – 9:40 am	5	SW 31
		9:00 am – 9:40 am	4	SW 32
		9:00 am – 9:40 am	3	SW 33
		9:45 am – 10:25 am	4	SW 34
		9:45 am – 10:25 am	3	SW 35
		9:45 am – 10:15 am	2	SW 36
		9:45 am – 10:15 am	1	SW 37
		10:30 am – 11:00 am	2	SW 38
		10:30 am – 11:30 am	6 Fitness Swimming	SW 39
		10:30 am – 11:00 am	1	SW 300
		11:05 am – 11:35 am	2	SW 301
		11:05 am – 11:35 am	1	SW 302
August 9–20	M–F	9:00 am – 9:40 am	6 Lifeguard Readiness	SW 40
		9:00 am – 9:40 am	5	SW 41
		9:00 am – 9:40 am	4	SW 42
		9:00 am – 9:40 am	3	SW 43
		9:45 am – 10:25 am	4	SW 44
		9:45 am – 10:25 am	3	SW 45
		9:45 am – 10:15 am	2	SW 46
		9:45 am – 10:15 am	1	SW 47
		10:30 am – 11:00 am	2	SW 48
		10:30 am – 11:30 am	6 Fitness Swimming	SW 49
		10:30 am – 11:00 am	1	SW 400
		11:05 am – 11:35 am	2	SW 401
		11:05 am – 11:35 am	1	SW 402

INSTRUCTIONAL PROGRAMS

Golf Instruction

Location: Longshore Golf Course

Ages: Entering grades 5–12

Special sessions for children entering grades 3 and 4

Fee: \$82 per participant, per session plus a handpass

Notes: Inclement weather will cause instruction to be held in a classroom setting.

Dates	Days	Time	Grades	Code
June 28–July 1	M–Th	8:00 am – 9:15 am	5–12	G 11
		9:30 am – 10:45 am	5–12	G 12
July 5–8	M–Th	8:00 am – 9:15 am	5–12	G 21
		9:30 am – 10:45 am	5–12	G 22
July 12–15	M–Th	8:00 am – 9:15 am	3 and 4	G 31
		9:30 am – 10:45 am	5–12	G 32
July 19–22	M–Th	8:00 am – 9:15 am	5–12	G 41
		9:30 am – 10:45 am	3 and 4	G 42
July 26–29	M–Th	8:00 am – 9:15 am	5–12	G 51
		9:30 am – 10:45 am	5–12	G 52
August 2–5	M–Th	8:00 am – 9:15 am	3 and 4	G 61
		9:30 am – 10:45 am	5–12	G 62
August 9–12	M–Th	8:00 am – 9:15 am	5–12	G 71
		9:30 am – 10:45 am	5–12	G 72
August 16–19	M–Th	8:00 am – 9:15 am	5–12	G 81
		9:30 am – 10:45 am	5–12	G 82

Our Junior Golf program is designed for boys and girls to learn and enhance their game of golf. Basic skills, forms, and fundamentals will be taught and implemented at a moderate pace. Each class is limited to 15 students and is taught by the instructional staff of the Longshore Golf Course.

In order for Juniors 12 and under to be able to play with an adult on Longshore Golf Course, they must have seven half-hour private lessons or 10 hours of clinic instruction covering play, rules, and etiquette as well as a recommendation from the Longshore Golf Pro. This will make you eligible to take the skills test. Skill testing is available through the Pro Shop at the end of each session if the participant is ready. There is a \$10 fee payable directly to the Pro Shop for the testing.

Parent & Child Yoga

Dates: July 11–August 8 **Code:** YG 21
Days: Sundays
Time: 6:00 pm – 6:45 pm
Ages: 6 and up
Location: Compo Beach
Fee: \$100 for adult and child together
\$50 for each additional family member

This class blends fun, child-friendly yoga with more traditional poses that encourage both parent and child to cooperate and interact while working on flexibility, strength, and balance. Please bring a mat and towel for each participant.



INCLUSIVE RECREATION

The following programs have been designed to help participants who are challenged get the most out of their leisure experience! These programs have been modified to provide a safe and supportive environment to learn and practice both program skills and personal skills. Peer mentors attend most programs to provide visual and social cues and to keep things fun. **These and other supportive services are available to anyone who wishes to attend any of our other programs.** For further information on supportive services, please call the Parks and Recreation Dept. at 203-341-5090 to speak with the Inclusive Recreation Coordinator.

HOW TO GET INCLUDED: Register for the recreation programs of your choice. On the registration form under "special considerations," request that the Inclusive Recreation Coordinator be contacted to provide supportive services. The coordinator will then contact you and the program instructor to gather information and provide reasonable supportive services for that program. You may begin the program with the supportive services in place. The Inclusive Recreation Coordinator may periodically observe the program to provide support and to answer any questions.

Intro to Soccer: Ages 6–13 | IN 01

This is an inclusive soccer program for children who are challenged and want to learn basic soccer skills and have fun outdoors. Children will learn introductory soccer skills and progress to game play. Peer mentors will be invited to participate.

Dates:	May 4 – June 8	Days:	Tuesdays	Location:	Compo Field
Time:	4:15 pm – 5:15 pm	Fee:	\$120	Code:	IN 01

Cycle Club: Ages 6–13 | IN 02

Come to the beach with your bike and take a spin! This is an inclusive program for children who are challenged and would like to learn to ride a bicycle and/or have open space to ride. Children must have a bicycle and helmet. Together with occupational therapist Barbara Greenspan and our support staff, kids will have an opportunity to ride in a safe closed off area of Compo Beach and practice their cycling skills. Peer mentors will be invited to participate.

Dates:	May 3 – June 14	Days:	Mondays	Location:	Compo Beach Roller
Time:	4:15 pm – 5:15 pm	Fee:	\$120		Hockey Court
NOTE:	<i>No class on Memorial Day</i>			Code:	IN 02

Street Hockey: Ages 6–13 | IN 03

This class is designed for individuals who are challenged and would like to learn more about street hockey. Street hockey is a form of off-ice hockey played on feet, using a ball, on any hard surface. Through this program, each player will learn how to play street hockey anywhere with their friends and family. Players will learn basic skills of street hockey and progress to playing games. Activities will be modified to include all players. Peer mentors will be invited to participate.

Dates:	July 5 – August 2	Days:	Mondays	Location:	Coleytown Middle School Gym
Time:	4:15 pm – 5:15 pm	Fee:	\$80	Code:	IN 03

CONNECTICUT CONNECTIONS! Ages 20s–30s

This is a monthly social group for young adults with mild to moderate learning and social differences who are looking for a place to recreate and make new friends. Our participants are . . .

- Age 21+ or out of school
- Have mild to moderate learning and social differences
- Independent and looking to meet compatible men and women
- Seeking a supportive and fun social atmosphere

Our group generally meets the first Sunday of every month. We also hold bi-monthly planning meetings with participants to determine future activities. Newcomers are welcome to join us for our social events and planning meetings after first contacting the coordinator. All activities and meetings require advance RSVP for planning purposes. To receive event information and be added to our email list, kindly contact the coordinator, Alexandra, at aoudheusden@westportct.gov or 203.454.6106. We hope to see you at one of our upcoming events!

Our Heroes



Summer Lineup

Featuring 'Li'l Sports,' Ages 3-8



Hoop Start



Program HS1 — Eight Mondays, beginning June 28

Program HS2 — Eight Wednesdays, beginning June 30

5—6:30 p.m. at Compo Beach Basketball Courts ♪ Registration \$199



Golf Smart



Program GS1 — Eight Tuesdays, beginning June 29

Program GS2 — Eight Thursdays, beginning July 1

5—6:30 p.m. at Compo Beach ♪ Registration \$199

Summer Saturdays

Program Sat1 — Eight Saturdays, beginning June 26 (Skip Date July 3)

9 a.m.—noon at Long Lots Elementary School ♪ Registration \$249



Summer Sports Spectacular at the Beach



Program SP1—August 16-20 ♪ Program SP2—August 23-27

9 a.m.—1 p.m. at Compo Beach ♪ Registration \$225

Call Now to Register! 203-938-9592

Register at www.OurHeroesToday.com

Sponsored by Westport Parks & Recreation

Integrated Sports Training Elite Baseball & Softball Camps

Minor League Baseball Camp

Days: Monday – Friday

Location: Burr Farm Fields

*Indicates camps to be held at Doubleday Field

NOTE: Inclement weather will cause the program to cancel for the day and not be rescheduled.

Dates	Time	Grades	Fee	Code
June 28–July 2	8:45 am – 12:30 pm	K–6	\$225	GK 11
July 5–9	8:45 am – 12:30 pm	K–6	\$225	GK 21
July 12–16	8:45 am – 12:30 pm	K–6	\$225	GK 31
July 19–23	8:45 am – 12:30 pm	K–6	\$225	GK 41
July 26–30	8:45 am – 12:30 pm	K–6	\$225	GK 51
*August 2–6	8:45 am – 12:30 pm	K–6	\$225	GK 61

Under the guidance of former Tampa Bay Devil Ray, Glenn Katz, each player will have the opportunity to develop the fundamental and advanced skills of the game, learn sportsmanship, socialize with their peers, develop leadership qualities, and actively participate as a valuable team member. A typical camp day includes stretching, hitting, infield and outfield practice and drills, game situations and base running, and modified games. Participants should bring plenty of drinks and snacks.

Transition Baseball Camp

Days: Monday – Friday

Location: Doubleday Field

NOTE : Inclement weather will cause the program to cancel for the day and not be rescheduled.

Dates	Time	Grades	Fee	Code
August 2–6	8:45 am – 12:30 pm	7–9	\$225	GK 71

Again under the guidance of Glenn Katz, each player will have the opportunity to learn the rules of the big diamond with a focus on situational hitting, stealing and base running, cutoffs, bunt coverages, defense, and pickoffs. Games will be played daily. A typical camp day involves stretching, situational hitting, infield and outfield practice drills, pitching from major league distance, and how to run the bases effectively.

IST Softball Camp

Days: Monday – Friday

Location: Town Hall Fields

NOTE : Inclement weather will cause the program to cancel for the day and not be rescheduled.

Dates	Time	Grades	Fee	Code
June 28–July 2	8:45 am – 12:30 pm	K–6	\$225	KG 11
August 16–20	8:45 am – 12:30 pm	K–6	\$225	KG 12

Integrated Sports Training is proud to have Sara Holland run their softball camp this summer. Sara is a former catcher for the University of Kansas and has held assistant coaching positions at Texas Tech University and the University of Virginia. Sara complements her softball career as the owner and creator of Growing Tree Yoga, LLC. She is a firm believer in the connections between the mind and body, a passion that has inspired her work with children and athletes from the elementary to collegiate level. Sara enjoys offering the life lessons that sports and physical activities can generate: lessons in self-esteem, positive thinking and imagery, self-discipline, teamwork, confidence, goal-setting, and a love for an active, healthy lifestyle.

Dennis Whalen Baseball Camp

Days: Monday – Friday

Location: Town Hall Fields

NOTE : Inclement weather will cause the program to cancel for the day and not be rescheduled.

Dates	Time	Grades	Fee	Code
August 9–13	9:00 am – 12:30 pm	1–6	\$140	DW 11

Former University of Bridgeport head coach and current assistant at Fairfield University, Dennis Whalen will bring experience, expertise, knowledge, and lots of fun to this week of baseball instruction. Along with Dennis, local coaches Chuck Simone, Steve Santora, and assorted Fairfield University players will instruct the campers in the fundamentals and skills involved in playing America's favorite past-time. Hitting, fielding, throwing, batting, and base running are a few of the skills to be covered. Instructional games will be played daily. Campers should bring water, snacks, and drinks as well as their own baseball glove.

Fairfield County Basketball School | Grades 1–6

Days: Monday – Friday **Location:** Saugatuck Elementary School **Fee:** \$199 per participant

Dates	Time	Grades	Code
June 28 – July 2	9:00 am – 12:00 pm	1–6 Boys & Girls	FCB 11
July 26–30	9:00 am – 12:00 pm	1–6 Boys & Girls	FCB 21

Fairfield County Basketball Camps focus on individual instruction and fundamentals. Their goal is to provide instruction that will help your child become a better basketball player. Fairfield County Basketball School is run by Staples High School Boys head coach Colin Devine and former professional basketball player and college assistant coach Todd Manuel. Their camps are open to boys and girls of all skill levels and abilities. The Fairfield County staff promise enjoyment and fun during this learning adventure! Eight foot baskets will be provided for our younger campers for a more positive experience as well.

Fairfield County Basketball School | Grades 9–12

Days: Monday – Friday **Location:** Staples High School **Fee:** \$100 per participant

Dates	Time	Grades	Code
August 2–7	5:00 pm – 8:00 pm	9–12 Boys	FCB 13

Take your playing level up a notch with Fairfield County Basketball School and Staples High School head coach Colin Devine. Coach Devine and former professional basketball player Todd Manuel will focus on the key elements of playing the game at the high school level.

Westport Basketball Academy for Girls

Days: Monday – Friday **Location:** Saugatuck Elementary School **Fee:** \$199 per participant

Dates	Time	Grades	Code
July 19–23	9:00 am – 12:00 pm	K–9 Girls	WBA 11

Dave Danko, head girls Basketball Coach at Fairfield Warde High School brings his own personal blend of enthusiasm, energy, and instruction ability to win over 300 games to Westport this summer. His camp breaks down the game of basketball to its basics. Coach Danko believes that practice time is only beneficial if a player practices the correct fundamentals. The game's basic tactics and techniques will be covered as well as many other aspects including shooting, rebounding, and even skills like fast break training, post moves, and movement without the ball.

Age appropriate activities will be offered for all as well as eight foot baskets for the younger girls.

In-Line Skating and Skateboard Camp

Days: Monday – Friday **Location:** Compo Beach Skate Park

Fee: \$225 per participant, per session – Westport handpass holder
\$275 per participant, per session – All others

NOTE: Each camp offers skill instruction and equipment use along with free skate. Inclement weather will cause the program to cancel for the day and not be rescheduled. Bringing several drinks is highly recommended.

Dates	Time	Ages	Code
July 12–16	9:00 am – 1:00 pm	8 and up	SK 11
July 26–30	9:00 am – 1:00 pm	8 and up	SK 21
August 9–13	9:00 am – 1:00 pm	8 and up	SK 31
August 23–26	9:00 am – 1:00 pm	8 and up	SK 41

**Children under the age of 8 interested in registering must be approved by the camp director. She can be reached at 203-226-1251 or by visiting the skate park during open hours.*

U.K. International Soccer Camps

Days: Monday – Friday

Location: July 12–16: Wakeman Field B
July 19–23: Wakeman Field B

NOTES: Every participant receives a t-shirt. Inclement weather will cause the program to cancel for the day and not be rescheduled.

Dates	Time	Level	Ages	Fee	Code
July 12–16	9:00 am – 9:45 am	Soccer Tots	3–4	\$60	UK 10
	10:00 am – 10:45 am	Soccer Tots	3–4	\$60	UK 11
	11:00 am – 11:45 am	Soccer Tots	3–4	\$60	UK 12
	9:00 am – 10:30 am	Fun in the Sun	5–6	\$100	UK 13
	10:30 am – 12:00 pm	Fun in the Sun	5–6	\$100	UK 14
	9:00 am – 12:00 pm	Skills 'n Thrills	7–10	\$180	UK 15
July 19–23	9:00 am – 9:45 am	Soccer Tots	3–4	\$60	UK 20
	10:00 am – 10:45 am	Soccer Tots	3–4	\$60	UK 21
	11:00 am – 11:45 am	Soccer Tots	3–4	\$60	UK 22
	9:00 am – 10:30 am	Fun in the Sun	5–6	\$100	UK 23
	10:30 am – 12:00 pm	Fun in the Sun	5–6	\$100	UK 24
	9:00 am – 12:00 pm	Skills 'n Thrills	7–10	\$180	UK 25

Program Definitions

Soccer Tots: This program introduces soccer in a fun-filled, magical environment to 3 and 4 year olds. Players learn the fundamentals of soccer through a range of animated activities and fun games. The soccer-based activities promote the development of motor skills, encourage group interaction, develop communications skills, and provide an excellent form of exercise.

Fun in the Sun: Fun and exciting games begin to build confidence and teach fundamentals in this program. Within this curriculum, players will cover ball familiarization, small group dynamics, coordination skills, and social interaction, all with maximum participation in a fun oriented environment. The rules of soccer and small sided games (3 v. 3) will also be introduced.

Skills 'n Thrills: Camp at this level introduces technical development and skill building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles.

U.K. International Soccer Camps are truly aimed at the recreational and developmental player. The program is offered to all players within your community with the themes of safety, learning, and enjoyment. They provide a quality soccer service with qualified coaches.

Tennis Camps

Days: \$165 per adult participant
\$120 per child participant

Dates	Days	Level	Time & Location	Code
April 26–30	M–F	Ladies, 18 and up All levels	9:30 am – 12:30 pm Town Farm Courts	TC 11
July 12–16	M–F	Grades 1–4 Beg/AdvBeg	3:30 pm – 6:30 pm Doubleday Courts	TC 21
July 19–23	M–F	Grades 3–8 Beg/AdvBeg	3:30 pm – 6:30 pm Doubleday Courts	TC 31
July 26–30	M–F	Grades 4–9 AdvBeg/Into	3:30 pm – 6:30 pm Doubleday Courts	TC 41
August 2–6	M–F	Grades 3–8 AdvBeg/Int/Adv	3:30 pm – 6:30 pm Doubleday Courts	TC 51
August 23–27	M–F	Grades 1–4	11:00 am – 2:00 pm Longshore Courts	TC 61
	M–F	Grades 5–9	2:00 pm – 5:00 pm Longshore Courts	TC 62

Definitions of instructional levels are available on the tennis introduction page.

Football Body Blast

Days: Monday – Thursday

Location: P.J. Romano Field

Ages: Boys, grades 6–8

Fee: \$80 per participant, per session

Dates	Time	Code
July 26–29	8:30 am – 9:30 am	SC 11
August 2–5	8:30 am – 9:30 am	SC 12

This program is designed for middle school football athletes and will emphasize the total athletic elements of football such as dynamic flexibility, efficiency of movement, coordination, agility, speed, explosive power and plyometrics, and core strength. Staples High School head athletic trainer Gaetana Deiso will provide a competitive, cooperative, and supportive environment that will prepare the football athlete to excel on and off the field. With commitment and dedication, “G” guarantees benefits. For more information, visit www.bodyblasted.com.

Body Blast Strength and Conditioning Camp for Girls

Days: Monday / Tuesday / Thursday

Location: Staples High School

Ages: Girls, 13 and up

Fee: \$179 per participant

Dates	Time	Code
July 26–August 19	5:15 pm – 6:30 pm	SC 21

Staples High School head athletic trainer Gaetana Dieso looks to provide a personalized functional training program to efficiently enhance sports specific qualities and the body's performance while integrating a nutritional base of knowledge to achieve a personal goal.

Body Blast Strength & Conditioning is for serious athletes who are looking to challenge themselves and their bodies. Increase your speed, power, muscle endurance, flexibility, and agility to fulfill your life as an athlete. Training will be outdoors and will incorporate agility ladders, speed harnesses, hurdles, foam rolls, and other equipment to help you reach your goal! Sports performance enhancement and confidence is a top priority at Body Blast. Commit yourself to this program and we guarantee your body will benefit in more ways than one! Visit www.bodyblasted.com for more information.

Body Blast for College Athletes

Days: Monday / Tuesday / Thursday

Location: Staples High School

Ages: 18–22

Fee: \$329 per participant (THIS INCLUDES 24 SESSIONS)

Dates	Time	Code
June 28–August 12	6:30 am – 8:00 am	SC 31

This program will consist of integrating the athletic elements of sports and life through functional based performance training to help maximize the athlete's potential. Helping a committed athlete achieve their goals is our sole priority and true passion.

Body Blast is dedicated to providing a competitive, cooperative, and positive environment to increase speed, explosive power, muscle endurance, flexibility, and agility to fulfill the life of an athlete. This program will be broken down into six components that include warm-up, dynamic flexibility, agility, conditioning, muscle strength and endurance, core and functional and progressive weight training.

GENERAL PROGRAMS

Kempo Academy of Martial Arts

Days: Monday–Friday

Location: Kempo Academy of Martial Arts, 374B Post Road East, Westport

Dates	Time	Grades	Fee	Code
July 5–9	9:00 am – 1:00 pm	1–5	\$225	K11
July 12–16	9:00 am – 1:00 pm	1–5	\$225	K21
July 19–23	9:00 am – 1:00 pm	1–5	\$225	K31
July 26–30	9:00 am – 1:00 pm	1–5	\$225	K41
August 2–6	9:00 am – 1:00 pm	1–5	\$225	K51
August 9 –13	9:00 am – 1:00 pm	1–5	\$225	K61

Kempo Academy puts a little fun and discipline together in this unique summer camp experience. The summer program will focus on a blend of Kempo, Kung Fu, and Jui Jitsu. The class is structured to aid in forming a balance and harmony within these various forms of self defense, as well as teach the enormous benefits of cross training. We play games that have martial arts lessons and exercise as underlying themes. There are also arts and crafts projects completed each day. Children need to come with a snack and change of clothes each day.

Hoop It Up!

Dates: July 8–August 8

Days: Thursdays and/or Sundays

Time: One hour games between 5:00 pm and 10:00 pm

Ages: Boys and girls entering grades 3–12 in the fall

Location: Compo Beach Basketball Courts

Code: Boys – SYBB
Girls – SYGB

Fee: \$80 per player plus a handpass

Join the Westport Basketball Association and Westport PAL offer a summer youth basketball program at Compo Beach. This program is designed to keep players in touch with their basketball skills in the off season. We offer “organized pick-up games” with certified referees for boys and girls entering grades 3 through 12. Boys and girls are separated by gender and grade into teams that play games one to two times per week, depending on enrollment. There is also an end of season festivity, which includes contests and prizes along with ice cream. For detailed information, visit the WBA website at www.westportbasketball.org after April 1st.

Age Group Track

Day: Thursdays
Dates: July 1, 8, 15, 22, 29, August 5
Time: 5:30 pm – registration onsite
 6:00 pm – events begin
Ages: 12 and under
Location: Staples High School Track Complex
Fee: Resident weekly: \$6 Resident series: \$24 *Available for online purchase
 Non-resident weekly: \$8 Non-resident series: \$36 *Available for online purchase
NOTE: Inclement weather will cause the program to cancel and sessions will not be rescheduled.

The **Age Group Track** program is set up so that all participants may compete in every event, or, if they prefer, only in events of their choice. Every meet has the following events: 50 meter dash, 100 meter dash, long jump, softball throw, Frisbee throw, high jump, 400 meter run, and 4 x 100 meter relay.

Road Runners

Race	Date	Location	Length
1	July 3	Staples High School	2.3 miles
2	July 10	Longshore	3.1 miles
3	July 17	Longshore	3.8 miles
4	July 24	Compo Beach	4.1 miles
5	July 31	Longshore	4.7 miles
6	August 7	Compo Beach	5.85 miles
7	August 14	Compo Beach	6.85 miles
8	August 21	Burying Hill Beach	8.4 miles
9	August 28	Compo Beach	9.3 miles
10	September 4	Staples High School	10.0 miles

Time: 7:30 am – registration at race site
 8:00 am – race begins
Fees: Resident weekly: \$5
 Non-resident weekly: \$8
 Resident series: \$30 *Available for online purchase
 Non-resident series: \$50 *Available for online purchase

Entering its 48th year, our **Road Runners Race Series** is one of the most highly participated events of the summer. Some 1,000 runners will take to the roads of Westport on Saturday mornings, 10 times throughout the summer. This program is open to residents and non-residents of all ages. The first race starts with a 2.3 mile run and each race adds a little more mileage to build to the big Labor Day Weekend Race of 10 miles. There is Grand Prix scoring in seven different divisions of men and women. Participants under the age of 18 must have parental signature on registration forms. Please visit www.westportroadrunners.org for more information.

GENERAL PROGRAMS

Co-Ed Adult 4-on-4 Volleyball League

- Dates:** May 1–August 25
- Days:** Mondays – Power League
Wednesdays – Recreation League
- Time:** 6:00 pm – 8:00 pm
- Ages:** 18 and older
- Location:** Compo Beach Volleyball Courts
- Fee:** \$250 per team

Contact Jim Ienner at 203-856-5467 for further information, rules, regulations, and registration.



13th Annual Family Tennis Event

Saturday July 10 (rain date July 11)

This annual event is held at the Longshore Tennis Courts annually from 3:00 pm–8:00 pm. The festival this year will have more activities and giveaways for families and individuals of all ages. Try a new racquet from the pro shop at our demo courts or bring your racquet to participate in a clinic offered by the Westport Parks and Recreation tennis staff. Play in the Adult and Junior round robin. A pro exhibition match and workshop is also being planned. There is no charge for this event. Bring your racquet, sneakers, and friends. Sign up at Longshore Tennis Office or call 203-341-1182.

2010 Town Tournaments

General Information

All of the following Town tournaments require registration in advance. You may do this by registering directly at the Longshore Tennis Office during their hours of operation after May 1 or you may mail a check, payable to Westport Parks and Recreation, to: Dave Kardas, Westport Parks and Recreation, 260 South Compo Road, Westport, CT 06880. Please enclose one registration form per player. Forms can be found in the program guide or online at www.westportct.gov. Questions and concerns can be addressed at Westport Parks and Recreation at 203-341-5090 until May 1 and then you may call the tennis program information line at 203-341-1182 thereafter or go to our website at www.playtenniswestport.com.

Location: Longshore Tennis Courts

Fee: \$10 per person, per tournament for singles plus a handpass
\$15 per doubles team, per tournament plus a handpass for each player

NOTES: Prizes will be awarded to winners and finalists.

Division	Dates	Time
Junior Town Tournament Singles	June 24 – rain date June 25	12:30 pm
Boys/Girls 10U, 12U, 14U, 17U		
Women's Singles (Doubleday)	July 9 – rain date July 16	9:30 am
Parent/Child (Pilot Pen Family Classic)	July 10	11:00 am
(before festival)		
Women's Doubles (Doubleday)	July 16 – rain date July 23	9:30 am
Men's Singles	July 17– rain date July 18	12:30 pm
Men's Doubles	July 18 – rain date July 25	12:30 pm
Womens Member/Guest (Doubleday)	July 23 – rain date July 30	9:30 am
Men's Singles 40 and over	July 24 – rain date July 25	12:30 pm
Mixed Doubles	July 24 – rain date July 25	5:00 pm
Mens Doubles	July 25 – raindate Aug 1	2:30 pm
Men's Singles 55 and over	Sat July 3 – raindate Aug 7	12:30 pm
Mens Doubles 55 and over	Sun August 1 – rain date August 8	12:30 pm

LONGSHORE TENNIS USTA EVENTS

You can sign up for any of these events at www.ustanewengland.com, www.playtenniswestport.com, or the Longshore Tennis office. Must be member of USTA to participate in any of the following events.

6th Annual Junior USTA Level 7 Championships

Dates/Times:	Friday, May 28 – 6:30 pm Saturday, May 29 – 12:30 pm Sunday, May 30 – 12:30 pm
Location:	Longshore Tennis Courts
Ages:	Boys/Girls 10U, 12U, and 14U
Fee:	\$35 per player, plus handpass and USTA membership \$40 per player, non-resident

USTA Longshore Open 35 Championships

Dates:	Saturday and Sunday, June 5 and 6
Time:	12:30 pm
Location:	Longshore Tennis Courts
Ages/Category:	Men's Singles and Doubles Women's Singles, Doubles, and Mixed
Fee:	\$30 per single player plus a handpass \$25 per doubles team plus a handpass
NOTES:	This is a sanctioned event. Westport men and women will compete against players from around the New England region. Pre-registration is required.

Longshore Quickstart 8 and 10 & Under

- Dates:** Wednesday, July 28 – rain date July 29
- Time:** 2:00 pm
- Ages/Category:** Boys and girls, 8 and under
- Fee:** \$28 non-residents, residents \$25
(must sign up at Longshore Tennis office or www.playtenniswestport.com) and submit proof of membership at time of sign-up.
- NOTES:** Must be USTA member. Specific notes for this event are available at www.ustanewengland.com or www.playtenniswestport.com

1st Annual Junior USTA Level 6 Championships

- Dates/Times:** Monday, August 9 – 2:00 pm
Tuesday, August 10 – 2:00 pm
Wednesday, August 11 – 2:00 pm
- Location:** Longshore Tennis Courts
- Ages/Category:** Boys/Girls, 10U, 12U, and 14U
- Fee:** \$35 per player, plus handpass and USTA membership
\$43 per player, non-resident



Compo Beach Skate Park

SEASON OPERATING SCHEDULE: APRIL 3 – OCTOBER 24

The Compo Beach In-Line/Skateboard Skate Park and Roller Hockey Center is an area developed to provide a safe and enjoyable area for skaters of all ages. As an alternative to street skating, this skating facility offers rails, jumps, ramps, and two half pipes for enthusiastic skaters as well as a blacktop area for those looking to skate safely, play hockey, or begin to learn the sport. The area is completely supervised and maintained and offers different programs throughout the season. The following hours of operation are in effect and please note that the **schedule is subject to change without notice. All policies and procedures, rates, and rules are available in pamphlet form at the Parks and Recreation Offices. Inclement weather will cause this facility to shut down operations. Please call the skate park hotline when in doubt at 203-226-1251.**

Dates	Mon–Wed	Thurs–Fri	Sat/Sun/Holidays
April 3 – April 25	CLOSED	CLOSED	12:30 pm – 4:00 pm
May 1 – June 27	CLOSED	3:30 pm – 7:30 pm	12:30 pm – 7:30 pm
June 28 – Sept. 6	3:30 pm – 7:30 pm	3:30 pm – 7:30 pm	12:30 pm – 7:30 pm
Sept. 9 – Oct. 3	CLOSED	3:30 pm – 7:30 pm	12:30 pm – 7:30 pm
Oct. 9 – Oct. 24	CLOSED	CLOSED	12:30 pm – 7:30 pm

FEES:	15-Visit	
Participant	Discount Card	Daily Fee
Westport handpass holder	\$75	\$8
Non-handpass holder	\$120	\$10

Skate Park Group Parties

Two hour parties can be booked on Saturdays, Sundays, and Holidays between 10:00 am and 12:00 pm. Parties include lessons and instruction, free skate, half-hour demonstrations by staff, one complimentary skate park pass per child, and a food discount at Joey's By The Shore concession on the beach. Fees are \$60 per instructor, \$10 per child for Westport residents, and \$15 per child for non-residents.

Contact for booking a party and further information: Skate Park Director, 203-226-1251.

Town Tennis Facilities

SEASON OPERATING SCHEDULE APRIL 26 – OCTOBER 10

The Westport Parks and Recreation Department will provide four facilities for playing tennis this season. Throughout the season, there are a variety of programs available to both adults and children. Residents may purchase a tennis permit for the season or pay daily court fees with proper identification. This entitles users to 1.5 hours of court time. Notification of court cancellation due to inclement weather will be on the voice-mail no later than 7:30 am. **ALL SCHEDULES ARE SUBJECT TO CHANGE.** Court availability subject to reserved time by the Parks and Recreation Department, Board of Education, and Continuing Education. Please refer to the tennis policies and procedures pamphlet available at Parks and Recreation or Longshore Tennis Office.

Tennis Reservation Phone: 203-341-1180

Tennis Programs Phone: 203-341-1182

Longshore Club Park

Daily schedule of courts

Days	Dates	Times	Who
Weekends/Holidays	May 1 – September 6	8:00 am – 11:00 am	Open Doubles
		8:00 am – 9:30 pm	Reserved Play
	Sept. 11 – Oct. 10	8:00 am – 11:00 am	Open Doubles
		8:00 am – 5:00 pm	Reserved Play
		5:00 pm – 6:30 pm	Open Play
Weekdays	April 26 – Sept. 3	8:00 am – 9:30 pm	Reserved Play
		8:00 am – 11:00 am	Reserved Play
	Sept. 7 – Oct. 8	3:30 pm – 9:30 pm	Reserved Play
		11:00 am – 3:30 pm	Open Play

Doubleday Facilities

Daily schedule of courts

4 All-weather courts

Days	Dates	Times	Who
Weekends	May 1 – September 5	12:00 pm – dark	Open Play
Holidays	May 29 – September 6	12:00 pm – dark	Open Play
Weekdays	June 28 – August 27	12:00 pm – 6:00 pm	Open Play

Staples High School Facilities

Daily schedule of courts

6 All-weather courts

Courts are available for open play at all times other than those being used for classes and Staples High School teams.

Days	Dates
Weekends, Holidays, Weekdays	May 29 – September 6

Town Farm Facilities

Daily schedule of courts

4 All-weather courts

Courts are available for open play at all times other than those being used for classes and Staples High School teams.

Days	Dates
Weekends, Holidays, Weekdays	Opens March 1, weather permitting

FEE INFORMATION for Longshore, Town Farms, and Staples Courts

Court Fees

Seniors/Juniors	with handpass	\$7
Adult	with handpass	\$9
Guest Fee	non-handpass holders	\$12

Platinum Tennis Pass eliminates court fees.

PLAY BEAUTIFUL LONGSHORE GOLF COURSE



Celebrating 50 years as the crown jewel of Westport's nationally acclaimed municipally owned recreational facility, the 18-hole Longshore Club Park Golf Course is set in beautiful parkland surroundings with views of Long Island Sound. First established as a private course in the 1920s and fully renovated in 2007, the superbly maintained par-69 layout plays 5,901 yards from the championship tees to 4,475 yards from the forward tees.

Featuring expansive teeing grounds, testing bunker complexes and consistent, undulating greens, Longshore challenges and excites the expert player and beginning golfer alike. The course is open to the public from mid-March through early December, weather permitting, and also features a practice range, putting green and a well-stocked pro shop for all your golfing needs, including rental clubs, pull-carts, golf carts and clothing.

2010

HOW TO GET A TEE TIME

Westport Golf Handpass holders may book tee times up to 5 days in advance of the desired day by using the reservation system designed to support both telephone and online reservations. Tee times by phone (203-341-1833 or 203-341-1TEE) can be made starting at 6:30 a.m. up to 5 days prior to the date of play. Online tee times may be reserved up to 5 days in advance starting at 7:30 a.m. by accessing the online system at www.longshoregolf.com. "Walk-up" golfers can play anytime there is an opening. Non-residents can also reserve tee times at Longshore 2 days in advance to play Monday through Thursday. The 2010 Longshore Golf Course Policies & Procedures contain detailed reservation information. The booklet is available at the Parks & Recreation Department and at the First Tee window.

GOLF ASSOCIATIONS: There are 3 golf associations for men and women to join

* **LONGSHORE MEN'S GOLF ASSOCIATION** – the LMGA organizes golf tournaments throughout the season and has 500 members. Information for LMGA: Larry Lieberman, email lmgamembership@gmail.com or phone (203) 984-5111.

* **LONGSHORE WOMEN'S GOLF ASSOCIATION (LWGA)** – organizes 18-hole golf weekly tournaments. Tuesday mornings – reserved tee times. For information contact: Sally Sarsfield – (203) 454-4626 or email: sallyas@optonline.net.

* **LONGSHORE LADIES 9-HOLE ASSOCIATION** – organizes 9-hole events weekly. Thursday morning – reserved tee times. Contact Susan Lloyd - email: Slloyd59@aol.com or phone (203) 226-5245 for more information.

WANT TO IMPROVE YOUR GOLF GAME? PGA professional John Cooper and his staff are in the Pro Shop every day to give lessons to juniors and adults. Call the Pro Shop at (203) 222-7535 for details.

*Stuart McCarthy, Director, Parks & Recreation Department
Dan Rackliffe, CGCS, Golf Course Superintendent
John Cooper, PGA Golf Professional*

Longshore Pool Complex

SEASON OPERATING SCHEDULE MAY 29 – SEPTEMBER 6

The Longshore Pool Complex consists of two swimming pools and a wading pool. The wading pool is restricted to children under six years of age who must be accompanied by an adult at all times. Any child under eight years old wishing to use the lap or training pool must also be accompanied by an adult. There are handicap accessible locker rooms with showers available and family bathrooms located in Longshore Pavilion. Joey's By The Shore operates a full service concession stand seven days a week with outdoor seating and picnic tables. This complex offers spectacular views of Long Island Sound along with an attractive playground for children ages 3–12. For additional information, please refer to our pool policy and procedures pamphlet available at the Parks and Recreation Office. ALL SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Daily Schedule for Open Swim: Monday through Friday

Dates	Times
June 1–June 25	3:30 pm – 7:30 pm
June 28–August 27	11:40 am – 8:00 pm
August 30–September 3	3:30 pm – 7:00 pm

Daily Schedule for Open Swim: Saturday, Sunday, and Holidays

Dates	Times
May 29–August 29	11:00 am – 8:00 pm
September 4–September 6	11:00 am – 7:00 pm

Daily Schedule for Adult Swim Lap Swim (16 years old and up)

Days	Dates	Times
Saturday–Friday	May 29–June 25	10:30 am – 7:00 pm
	June 26–August 29	10:30 am – 7:00 pm

Daily Schedule for Senior Citizen Swim (Westport residents only)

Dates	Days	Times	Program
June 28–August 27	Monday–Friday	11:35 am – 12:30 pm	Open/Lap Swim
July 6–August 19	Tuesday/Thursday	11:35 am – 12:30 pm	Aquasize

LONGSHORE POOL FEES

Westport handpass holder	Free
Children under 6 years old	Free
Pool guest, per person	\$9 (MUST be with handpass holder)
Guest book	\$75 (book of 10 visits, valid only when accompanied by a handpass holder)

Longshore Club Park

Longshore Club Park Club is a 169 acre park situated on Long Island Sound and the Saugatuck River. It features an 18 hole golf course for residents and their guests, a driving range, and golf pro shop. The Town's three swimming pools are also located here on the point with a bathhouse, locker facilities, and a pavilion. Nine Har-Tru tennis courts and one paddle tennis court are adjacent to the pool facilities and the pavilion houses the Town's tennis offices as well as a full concession and dining area. There is a large playscape and Evan Harding Point provides a beautiful area to picnic with tables and barbeque grills. Fishing is permitted. Daysailing rentals and instruction are available through the Longshore Sailing School. E.R. Strait Marina is located here with slips and ramp access available to Town residents with a permit. Trails and walkways crisscross the park and are a good way to watch the birds and wildlife. The site also has historic and cultural value, which visitors can explore. The Park also houses the Inn at Longshore and Splash Restaurant as well as the Town's Parks and Recreation Offices.

The Parks and Recreation Department recommends that pedestrians and fitness enthusiasts use extreme caution when walking, rollerblading, or biking through Longshore Club Park. Errant golf shots pose a potential hazard to those using the roadways within the park. As an alternative to Longshore Club Park, we suggest that adults walking, skating, or riding with children take advantage of the off road walking paths provided in Winslow Park on North Compo Road or at Wakeman Park on Cross Highway for the safest possible environment.

Community Parks

The Westport Parks and Recreation Department maintains over 30 different parks and areas of open space for the enjoyment of the community. You will find these areas concentrated along the Saugatuck River and scattered throughout the Town. Choose one and enjoy the serenity of nature, a picnic lunch, fishing along the river, or a quiet book under a tree. All parks operate sunrise to sunset daily except where noted. Detailed information about the parks may be obtained at the Parks and Recreation office or online at www.westportct.gov.

Athletic Fields

The Westport Parks and Recreation Department maintains and schedules all athletic fields throughout the community for use by the Board of Education, community athletic organizations, private use, and their own programs. This year, we have added two synthetic turf fields at Wakeman Park and Staples High School. When not scheduled for use by organized activities, all of the fields are open to the public. For information on reserving athletic fields for an event or private party, please contact our office at 203-341-5090 or visit www.westportrecreation.com.

WESTPORT BEACHES

The Westport Parks and Recreation Department is proud to manage and care for four beach front areas. **Compo Beach** and **Burying Hill Beach** offer the community many different recreational choices during the summer season. A parking emblem or daily fee is required for all vehicles entering the beaches. **Old Mill Beach** and **Canal Beach** are more secluded and private and offer quiet times and fewer crowds. For further information and fees, please refer to our policies and procedures pamphlet for beaches, available at the Parks and Recreation office.

COMPO BEACH

Compo Beach offers the Westport community a beautiful recreational complex. Sandy beaches with a boardwalk, pavilions, playground, and picnic tables line the shore along the East while on South Beach,

WESTPORT BEACHES [continued]

grills and additional picnic tables are available for afternoon and evening barbecues. Facilities include rest rooms, showers, dressing rooms, and lockers with a full range concession operated by Joey's By The Shore. Recreation facilities include beach volleyball courts, basketball courts, a softball field, skate park, and large grass area for anything from kite flying to frisbee. Lifeguards are on duty daily along the East shore from Memorial Day through Labor Day, 10:00 am to 6:00 pm. The Ned Dimes Marina Clubhouse is available for rental for parties of 50 or less. Please contact the Parks and Recreation Office at 203-341-5091 for further information.

BURYING HILL BEACH

Burying Hill Beach is located on Beachside Avenue and provides picnic areas with spectacular views of Long Island Sound. Facilities include picnic tables and grills, rest rooms, and large grass area that can be used for many different recreational games and activities. Lifeguards are on duty daily from Memorial Day through Labor Day, 10:00 am to 6:00 pm.

OLD MILL BEACH AND CANAL BEACH

Both Old Mill Beach and Canal Beach provide sunbathing opportunities and access to Long Island Sound. Parking is restricted at both areas and daily fee parking is not available. No rest rooms are available as are no lifeguard services.

WESTPORT MARINAS & BOATING

Boating and marina facilities within Compo Beach and Longshore Club Park give residents the opportunity to enjoy Long Island Sound on the water. A boat waiting list does exist for all in-water and drystall assignments. There is a **\$50 escrow payment** for in-water assignments. There is no fee for drystall applications. Applications are available at the Parks and Recreation office.

Ned Dimes Marina at Compo Beach

Located within Compo Beach, this marina offers in-water slips as well as drystalls for trailered boats, dinghies, hobie cats, sunfish, kayaks, and windsurfers. The Marina Clubhouse is also available for rent for gatherings of 50 people or less. There is a fee and application process to reserve a date. Contact the Parks and Recreation Office at 203-341-5091 for further information.

E.R. Strait Marina at Longshore Club Park

Located within Longshore Club Park, this marina offers in-water slips as well as a limited dinghy storage. In addition, Harbor Marina Services is a licensed vendor operating a launch service to boats moored in the mouth of the Saugatuck.

Launching information for locations listed below

Compo Beach: Launch ramps are available for daily boat access for vehicles with trailers and car tops. All vehicles must have a parking emblem and either pay the daily launch fee or purchase a seasonal launch permit.

Longshore: Launch ramp available for car top vessels only with seasonal launch permit only.

Mill Pond: Launch ramps available for car top vessels only with seasonal launch permit only.

WESTPORT PARKS & RECREATION APPLICATION FORM



Town of Westport
Parks & Recreation
Westportrecreation.com

Program Registration Form
Spring/Summer 2009

NAME OF PARTICIPANT	DATE OF BIRTH	M/F	SCHOOL	GRADE IN SEPT. 09

*Please fill in these boxes if you are registering a child under the age of 18

Contact Information for Participant or Parent/Guardian if participant is under age 18

Last Name, First Name:		DATE OF BIRTH:
Address:		
Town/City:		
Home Phone:	Work Phone:	
Home or Work Email Address:		
Cell Phone:		

Emergency Contact

1 st Contact Name:	
Relationship:	Phone No:
2 nd Contact Name:	
Relationship:	Phone No:

Program Name	Program Code	Program Fee	Alternate Program	Office Use Only

☐ If the participant is an individual who has special accommodation requests or information that will be helpful to the instructor/leader, please check the box. You will be asked to fill out an additional **Accommodation Form** and the Adaptive Recreation Coordinator will contact you.

Please list any allergies, medications or special health considerations we should be aware of:

Handpass Number _____ TOTAL PAYMENT DUE: _____ Cash _____ Check _____
Credit Card Number _____ Exp _____ VISA or MC

Waiver of Participant by parent or self: In consideration of your accepting my or my child's registration and entry, I hereby for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the Town of Westport or the Parks and Recreation Department; and its representatives, successors and assigns, for any and all injuries suffered by myself or my child at the activity sponsored by these groups. I understand there is inherent risk associated with the(se) activity(ies) and authorize emergency medical treatment and transportation in my absence. **PHOTO RELEASE: THE WESTPORT PARKS AND RECREATION DEPARTMENT MAY VIDEOTAPE OR TAKE PHOTOGRAPHS OF PARTICIPANTS ENROLLED IN RECREATION ACTIVITIES, CLASSES OR PROGRAMS. THESE PHOTOS AND/OR VIDEOTAPES MAY BE USED FOR PROMOTIONAL PURPOSES.** If any of the above participants are minors, I certify by my signature that I am the custodial parent or guardian; or I have the expressed authorization of the custodial parent, or guardian to enroll said participant(s) in the specified activities listed.

SIGNATURE OF PARENT/GUARDIAN OR ADULT PARTICIPANT _____

DATE _____

WESTPORT LITTLE LEAGUE LITTLE LEAGUE PLEDGE



I Trust in God
I Love My Country
and Will Respect Its' Laws
I Will Play Fair
and Strive to Win
But Win or Lose
I Will Always
Do My Best



From the ranks of youngsters who stand now
on the morning side of the hill
will come the leaders, the future strength
and character of the nation.

2010 SEASON STARTS IN APRIL

For information go to

www.westportlittleleague.com

WESTPORT BABE RUTH LEAGUE



THE SPORTSMANSHIP CODE OF BABE RUTH BASEBALL

Develop a strong, clean, healthy body, mind and soul.

Develop a strong urge for sportsman-like conduct.

Develop understanding of and respect for the RULES.

Develop courage in defeat, tolerance and modesty in victory.

Develop control over emotions and speech.

Develop spirit of cooperation and team play.

Develop into real, true CITIZENS.



For information, call 341-0798

rsmoler@att.net

WESTPORT PAL FOOTBALL

**Get Fit in
Mind and Body**

**Join Westport's PAL Football & Cheerleading Program
JOIN NOW FOR THE 2010 SEASON !**

Flag Football - Grades 1 and 2

Tackle Football - Grades 3 - 8

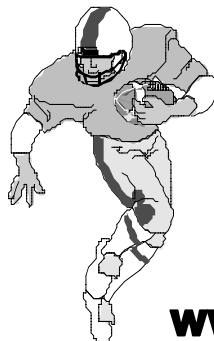
Bantam League - Grades 3-4

Junior League - Grade 5

Junior League - Grade 6

Senior League - Grade 7

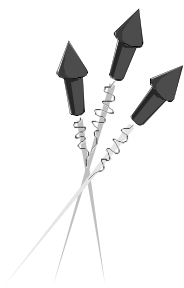
Senior League - Grade 8



**Cheerleading
for all grades**

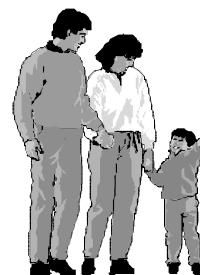
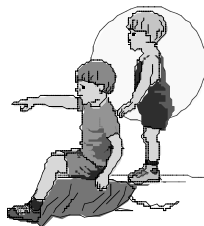
Register at

www.westportpal.org



WESTPORT P.A.L.

Kids & Community



The Westport P.A.L. is the Town's oldest youth volunteer organization. It is comprised solely of volunteers and sponsored by the **Westport Police Department**. P.A.L. activities include funding and producing the annual **Fourth of July Fireworks** display, as well as offer a football program, travel basketball and lacrosse. P.A.L. especially enjoys working with handicapped youngsters and has sponsored several events for area children with special needs. Their community involvement also extends to many civic organizations with activities like the annual Minute Man Race and Festival Italiano. The Westport PAL also owns and operates the Rink at Longshore during the winter months and participates in the annual Halloween Parade as well.

P.A.L. has no paid employees and derives funding from private donations and several fund raising events held throughout each year.

Join the feeling! P.A.L. members are rewarded through a sense of helping kids and the community. New volunteers are always welcome. Call Al Fiore at 341-6008 for more information.



WESTPORT YOUTH LACROSSE

NOW UNDER WESTPORT PAL



Effective fall of 2008, WLA joined forces with PAL and has become Westport PAL Lacrosse. Everyone involved is looking forward to this merger of two powerful volunteer organizations that are devoted to serving the youth of Westport.

For information about the programs being offered, click on www.westportpal.org and go to the LACROSSE tab. Click on the BOYS PROGRAM or GIRLS PROGRAM.

For Boys Grades 4-8, we will sponsor travel teams (U-11, U-13 and U15) that will participate in the CONNY Lacrosse League.

For Girls, Grades 3 – 8, the goal is to develop a robust House program with age break-outs by grades 3rd/4th; 5th/6th and, 7th/8th grade. We hope to field 2 travel teams this year: one for girls 5th/6th grade and one for girls 7th/8th grade. The Travel program will run from early March through mid June. Participating in a travel program of course involves a greater level of commitment.



www.westportbasketball.org

The Westport Youth Basketball Program offers activities for both boys and girls pre-school through twelfth grade from November through March. The Westport Basketball Board administers the program through Parks and Recreation. With the help of local sponsors and fundraising, this program has reached new heights and has been able to offer children a wonderful and enriching experience. Please consider becoming a part of our organization! Call 341-5087 for more info or visit our website above.

2009-2010 Sponsors

B & R Electric LLC
Angelina's Restaurant
AES Security Systems
The Muller Family
Expense Reduction Analysts
Rady Johnson Family
The Briody Family
The Swanson Family

Target Training, LLC
Staples Basketball Assoc.
Chrissey Hunt Family
The Hunt Family
Parisi Speed School
Harris Heery & Assoc.
Sirius Decisions, Inc
The Walsh Family

The Violette Family
The Driscoll Family
Marriott of Stamford
Joey's By The Shore
Terex Corporation
Pierson and Smith
The Rossi Family
Ann M. Flynn



Join us for our
7th Annual Youth Basketball Golf Benefit
Wednesday, October 6, 2010
Longshore Club Park
Westport, CT

Individual Golfer: Price \$175

- * 18 holes, scramble format
- * Course and cart fees
- * Continental Breakfast
- * Picnic luncheon in the pavilion at Longshore
- * Tournament prizes
- * Shotgun start at 8:00 am



Please register with Karen Puskas at Westport Parks and Recreation at
kpuskas@westportct.gov



Westport Soccer Association

For Registration information

Visit the WSA website at www.westportsoccer.org or call 221-9900

Programs include:

- **Tots** - For children who are 3 years old or entering kindergarten in two years
- **Pre-K** - For children who are 4 years old or entering Kindergarten in the fall of the following year
- **Recreation League** – the core of the WSA, open to ALL boys and girls grades K-8. Games are on Saturdays and professional coaches conduct skills clinics weekdays between 4-6PM
- **Travel Soccer** – for select players who demonstrate a high level of skill and dedication. The WSA fields U9-U14 travel teams. Rosters are limited and selection is competitive based on tryouts in May of each year and ongoing coach's evaluations. All Travel Soccer players must commit to twice-weekly practices. Most Games are on Sundays. All league play is intertown, while some teams participate in statewide tournaments.
- **HS Travel Teams** – In the spring, the WSA fields travel teams for the High School players who wish to continue playing in the HS off-season. Tryouts are held during the winter.

Come Join Us!

The WSA is a non-profit Organization that relies on Volunteers. Help create a positive athletic and social experience for Westport's Families. Call 221-9900 or e-mail info@westportsoccer.org

Wes Malkowitz
WSA President



WSA: Where Westport's Soccer Tradition Begins



**Longshore
Sailing School**

50th Anniversary

**Safety
Fun Learning**



Performance Sailing



Stand-Up Paddleboarding

Adult Classes



Catamaran Sailing



Junior Classes



Kayaking

Boat Rentals Open May 29th

Westport Longshore Club Park

203-226-4646

LongshoreSailingSchool.com